

Breast and Pancreatic Cancer Awareness

Cancer is a life altering situation. Currently, there is not a proven cure, nor a vaccine to prevent cancer in every form. However, a healthy lifestyle can go a long way to limiting, delaying, and slowing the progression of disease. Be mindful of the food you eat, the lifestyle you lead, and remember to get recommended screenings.

Lifestyle

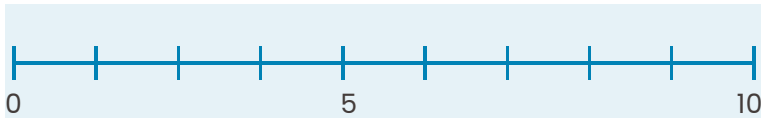
Overall, about 1/3 of the most common cancers in the US could be prevented. Evidence suggests that cancers that are strongly linked to diet, activity level, and body weight, are highly preventable.

Living Cancer Free

How would you rate your lifestyle?

Place a mark on the scale, where 0 is very poor and 10 is very good.

Diet



Physical Activity



Body Weight



Foods for Preventing and Fight Cancer

Consider adding these foods to your diet:

- Squash
- Potatoes
- Beets
- Radish
- Arugula
- Kale
- Artichoke
- Garlic
- Apples
- Swiss Chard
- Plums
- Tomatoes



Consume these foods in moderation:

- Alcohol
- Preserved, Processed, and Refined Foods
- High Protein Foods such as Meat and Protein Powder
- Soy
- Margarine

Coach's Quick Take

"Let food be thy medicine and medicine be thy food."

Hippocrates

Pancreatic Cancer Prevention

There is no proven way to prevent Pancreatic Cancer, however, there are steps to take to reduce your risks.



Maintain healthy weight.



Increase physical activity.



Enjoy a healthy diet.



Quit smoking - Your risk is dramatically reduced by quitting. Talk to your Health and Wellness Coach for help.

Breast Cancer Prevention

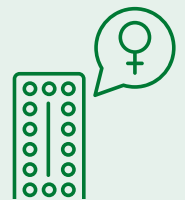
Limit alcohol - Quitting or limiting your alcohol consumption to no more than one drink a day can decrease your risk.



Breast feeding - Studies suggest the longer you continue to breast feed, the lower your risk of breast cancer will be.



Discontinue hormone therapy - Long term hormone replacement therapy for menopause can increase your chance of developing breast cancer. Speak with your physician about ending hormone replacement therapy or using a lower dosage.



Early Detection

Pancreatic Cancer often goes unrecognized until it progresses to advanced stages. However, here are some early warning signs to note:

- Abdominal Pain
- Weight Loss
- Jaundice (Yellowish skin)

If these symptoms are present, your physician may prescribe an MRI or ultrasound.

Early Detection

Regular breast self-exams and mammograms are an essential part of early detection of breast cancer. Follow the recommendations by age group below:

- 20s - Monthly breast self-exams
- 30s - Clinical breast exams & mammograms at least every 3 years
- 40s - Annual mammograms

Resources: Gerson.org
The China Study- T. Colin Campbell PHD
www.aicr.org
www.mayoclinic.com